



# 101 alimenti super dimagranti (Italian Edition)

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# 101 alimenti super dimagranti (Italian Edition)

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**101 alimenti super dimagranti (Italian Edition)** Istituto Riza di Medicina Psicosomatica

Oggi la ricerca scientifica ha dimostrato più volte come anche il cibo più calorico possa essere considerato “a zero calorie”, cioè in grado di facilitare il dimagrimento se viene consumato al momento giusto, abbinato ad alimenti “amici” che ne potenzino le proprietà anti sovrappeso e cucinato in modo snellente.

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